

YOUTH EXCHANGE

SUPERHERO: good stories from around the world



trento, italy

17.06 - 24.06.26

INTRODUCTION

SUPERHERO: *good stories from around the world*

is a hands-on international youth exchange connected to cultural exploration, solidarity and artistic expressions. The aim of the project is to empower young people to become active social change-makers by acquiring new skills, knowledge and cultural understanding.

The “Superhero: good stories from around the world” project is an 8 day youth exchange that brings together 31 young people from Italy, Spain, Poland, Austria and Cyprus to share their culture and inspirational stories of inclusion, understand the migration phenomena and design innovative content and items.



activities

WHAT

Throughout the week we will explore the cultural diversity of the participating countries, sharing inspirational stories of citizens, creating cultural playlists, expressing values of community and diversity through art forms such as textile printing, video & photography, creative writing, as well as understanding the national contexts in terms of policies, challenges and youth based solutions.

wednesday 17/06

This day is all about arrivals, discovering the space and surroundings of our youth exchange location and getting a good rest after a long day of travelling.

thursday 18/06

The next day is dedicated to getting to know each other, talk about the program and do a collage workshop on the cultural diversity in your country.

friday 19/06

Friday is dedicated to getting to know more about each national context in terms of policies and challenges, inspirational stories, as well as cultural playlists.

saturday 20/06

The next day is dedicated to visiting social centers in Trento and discovering the city.

sunday 21/06

Sunday we go for a hike up to Malga Brigolina for a creative writing session on values of a pluralistic society.

monday 22/06

Monday is all about hands-on artistic workshops aimed at expressing the sense of community.

tuesday 23/06

The last day is dedicated to evaluating the activities of the youth exchange and offer space to the group to share their experience.

wednesday 24/06

This day is all about departures and see you soon goodbyes.



WHERE

- *trento, italy*

We will meet in Trento, a beautiful town with a population of about 120,000 inhabitants. Trento is situated in the north of Italy, near the border with Austria, and is known for its beautiful countryside, with lovely mountains and lakes. It is an excellent opportunity for hiking, sailing, and mountain bikes trips.

- *accommodation*

The house is located in Candriai, a mountain area nearby Trento. The house is a self-management house with a nice equipped kitchen, a common room and shared bedrooms for 3-4 people. There will be wi-fi, a projector for music and movie nights and a wide outdoor space for activities.



HOW

The exchange will be organized as "self management". We will be divided in groups and we will prepare delicious meals and international dinners. We will also eat out in some of the days :)

Think of a typical dish your group could prepare, as well as some typical traditional activities your group would like to share during the youth exchange.

Some meals will be managed by a catering service taking into consideration all of your food preferences and restrictions.

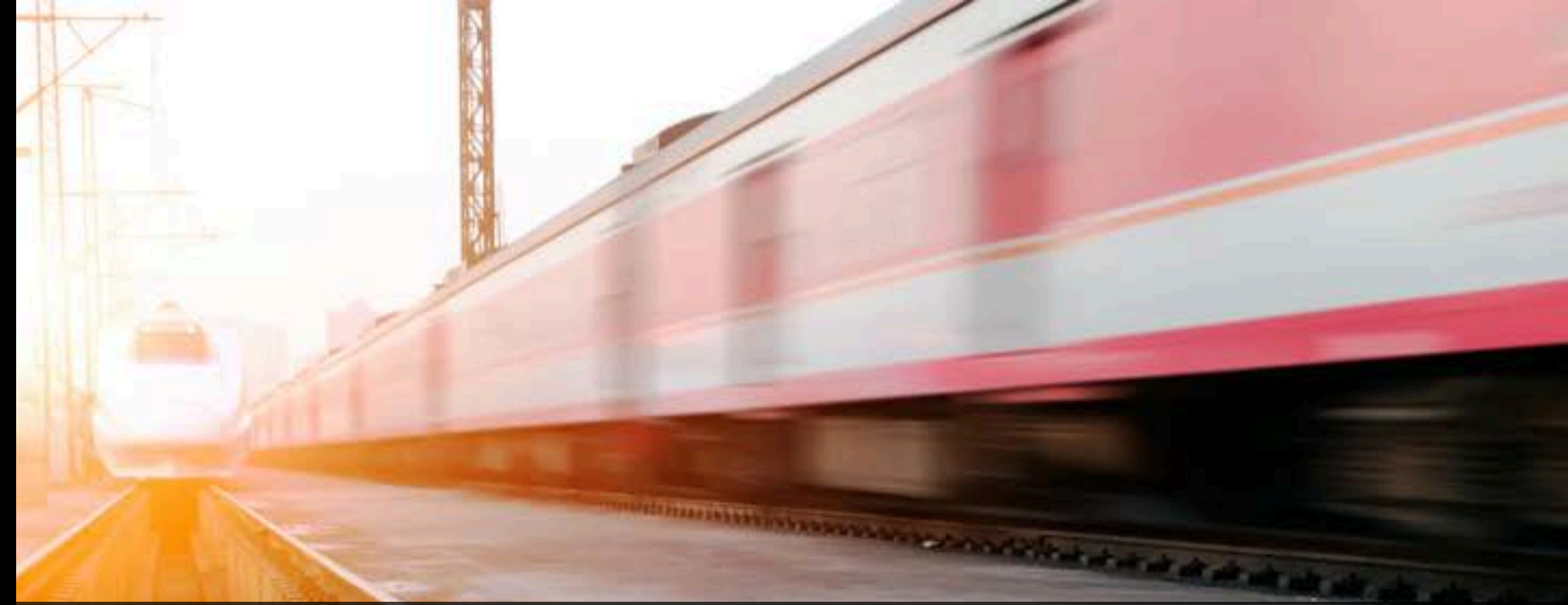


international TRAVEL

Actual travel expenses from the country of residence to the location of the exchange will be reimbursed up to the amount indicated in the table below this chapter (the table states the maximum amount that can be reimbursed according to the travel distance). **Refunds will be made only after receiving the complete travel documents.** The maximum amount of permitted travel costs will be calculated based on the distance between the place of residence in your country and the place where the exchange takes place.

Please note that you have to travel from the country of the sending organization you represent. In the case that you need to travel from a country that is different to that of your sending organization, please inform us in advance as we must communicate this to our National Agency in order to get approval for your travel.

You can calculate the exact distance using the [official link](#).



ELIGIBLE TRANSPORTATION

Participants must travel by public transportation (plane, train, buses) in the dates specified (17.06 and 24.06) in order to get the reimbursement. For distances below 500km, the participant will use green travel. The travel options need to be first confirmed by our team.

Travel distance	Green travel	Non-Green travel
10 – 99 km	56 EUR	28 EUR
100 – 499 km	285 EUR	211 EUR
500 – 1999 km	417 EUR	309 EUR
2000 – 2999 km	535 EUR	395 EUR
3000 – 3999 km	785 EUR	580 EUR
4000 – 7999 km	1188 EUR	1188 EUR

GREEN TRAVEL

TRAIN

BUS

CARPPOOLING

BIKE

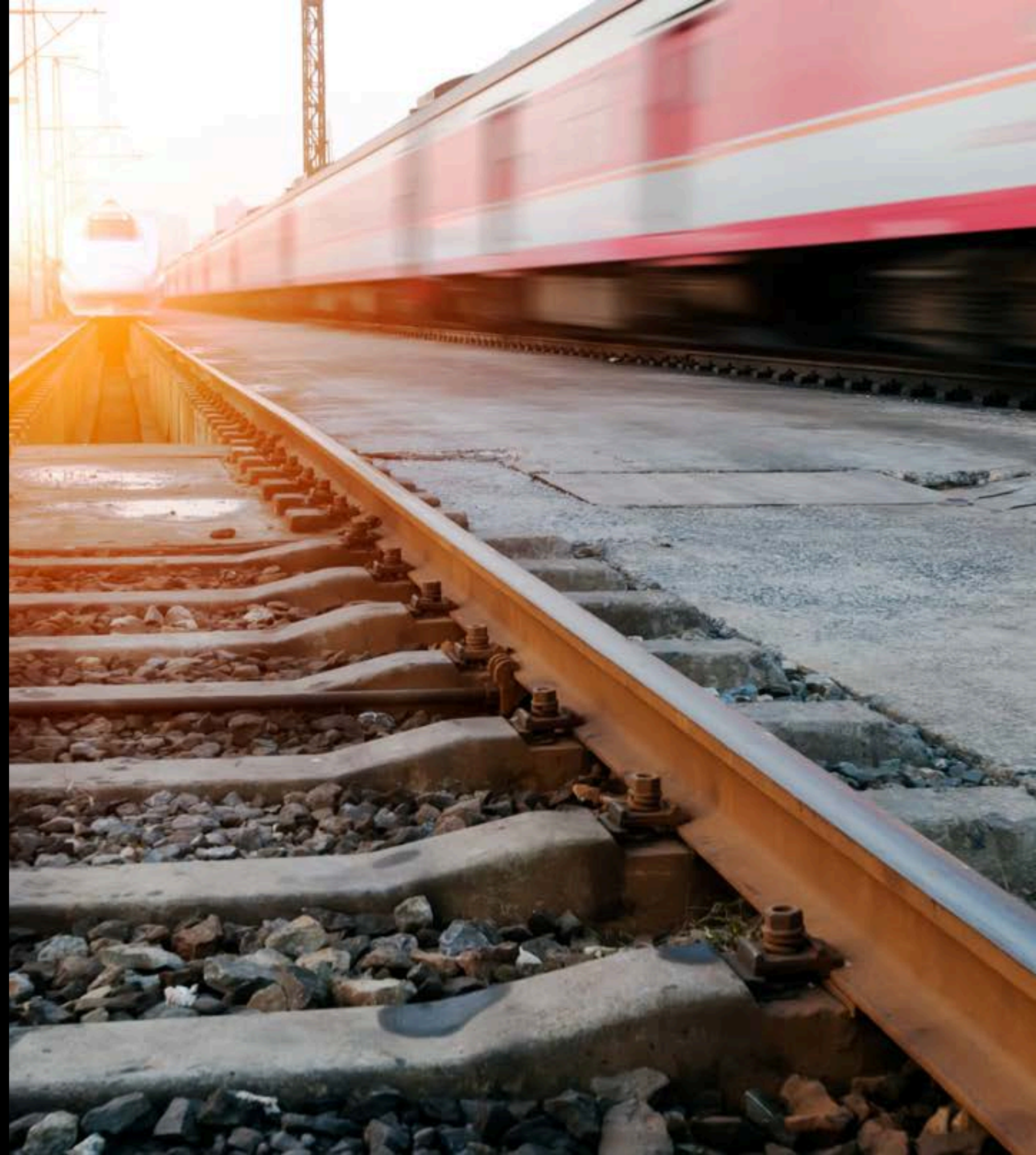
important info

REIMBURSEMENT

We will be able to reimburse you only after receiving all relevant documents from you: we kindly ask that you make use of electronic tickets as much as possible, because this will facilitate the process of reimbursement and make it faster. If you have any paper tickets, you will need to hand us the original physical ticket in order for us to be able to reimburse you (this is required by Italian law). In case your country and/or organization has a similar law, we will need a declaration from your organization's legal representative stating that you need to keep the tickets. Hence, electronic tickets will help a lot!

Please note that the reimbursement will be done right after the end of the YE, after receiving all relevant travel documents from you. The reimbursement will be done no later than 2 months after the end of the exchange (in this case, no later than 24/08/2026). We will not be able to make a reimbursement after that date.

Please also note that we can only make the reimbursement to your personal bank account (the name of the bank account holder needs to correspond to your name) or to your sending organization's bank account. No third-party bank accounts can receive the reimbursement. We cannot reimburse anything in cash, even for small amounts.



important info

INSURANCE

As per the Erasmus+ Programme Guide (p.11):

Therefore, to take part in the exchange, participants must arrange to purchase insurance for their stay in Italy (only travel insurance is optional). The cost of the insurance policy must be covered by the participants or their sending organizations and will not be reimbursed by InCo.

Please note we will request participants to send us a copy of the insurance they have purchased.

All participants "involved in mobility activities under all Key Actions of the Erasmus+ Programme must be insured against the risks linked to their participation in these activities."

In particular, "the following areas must be covered:

- wherever relevant, travel insurance (including damage or loss of luggage)
- third party liability (including, wherever appropriate, professional indemnity or insurance for responsibility)
- accident and serious illness (including permanent or temporary incapacity)
- death (including repatriation in case of projects carried out abroad)."



Therefore, to take part in the exchange, participants must arrange to purchase insurance for their stay in Italy (only travel insurance is optional). The cost of the insurance policy must be covered by the participants or their sending organizations and will not be reimbursed by InCo.

Please note we will request participants to send us a copy of the insurance they have purchased.

If applicable, it is strongly recommended that participants in transnational activities are in possession of a European Health Insurance Card.

what to bring?

CHECKLIST

We will be spending together 8 days (including your travel days) in a city in the mountain range, doing many different activities both within the accommodation center, as well as outside. Here is a list of what you should bring with you :)

Essentials

- towels
- bed linen and pillow covers
- toiletries
- hairdryer
- warm clothes*
- comfortable clothes
- indoor shoes**
- comfortable shoes
- reusable water bottle
- personal medication

AND more

- an item you don't use/need anymore and that someone else could use
- typical food/items from your country
- musical instrument/game***

*mornings and evenings are a bit breezy here in Trento

** it might be rainy, so we will leave the dirty/wet shoes at the entrance

*** optional in case you have space/for your free time





join us

THE GROUP

5 COUNTRIES | 30 PARTICIPANTS



age 18 - 30

*motivated to be active
interested in multiculturalit*